



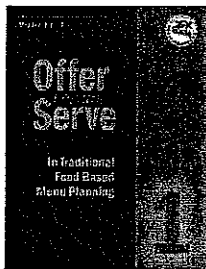
Great Beginnings Academy

Welcome
To the First WisLine Web Call of GBA!
November 21, 2006

Agenda for Today's Call

- Review of Requirement
 - What's for Lunch
 - What's for Breakfast
- Offer versus Serve
 - What's the same
 - Food Based Menu Planning
 - What's different
 - Traditional Food Based Menu Planning
 - Enhanced Food Based Menu Planning
 - Lunch
 - Breakfast

USDA'S Offer Versus Serve



What's for Lunch?

Students must be offered a lunch that contains:

- 5 food items...
- from the 4 food components...
- in at least the minimum serving sizes for the appropriate age/grade group.

The 4 food components at lunch are:

Component	Abbreviation
Meat/Meat Alternate	M/MA
Vegetables/Fruits	V/F
Grains/Breads	G/B
Milk	Milk

The 5 food items at lunch include:

- Meat/Meat Alternate
- Grains/Breads
- Vegetables/Fruits—two or more servings of different kinds of vegetables and/or fruits
- Milk

What's for Breakfast?

Breakfasts offered to students must contain:

- 4 food items;
- from 3 or 4 food components;
- in at least the minimum serving sizes for the appropriate age/grade group.

The breakfast food components are:

- Milk
- Juice/Fruit/Vegetable (V/F)
- Grains/Breads (G/B)
- AND/OR
- Meat/Meat Alternate (M/MA)

The 4 breakfast food items are:

- 1 serving of milk
- 1 serving of juice/fruit/vegetable
- 2 servings of grains/breads (G/B)
- 2 or 2 servings of meat/meat alternate (M/MA)
- OR 1 serving G/B and 1 serving M/MA
- OR An equivalent combination of M/MA and G/B

Age/grade groups established for breakfast:

- Ages 1-3
- Preschool (ages 3-4)
- Grades K-12

What Is OVS?

- An alternative way to start a tennis match?
- A food service style where students serve themselves?
- A new way to offer more food choices on school menus?
- A system designed to decrease food waste and give students greater flexibility?

OVS: Who, When, and Where?

OVS is:

- Required for lunch at senior high schools
- Optional at lunch in lower grade levels
- Optional at breakfast in all grades

Who decides?

- School food authority decides:
 - whether to implement OVS
 - when optional and in what grades
 - whether students below high school can decline 1 or 2 food items at lunch
- Students decide what foods to decline

OVS Individual Food Based Menu Planning

2

Reimbursable Lunches

General requirements for OVS at lunch are:

- Schools must offer at least the minimum serving sizes of all 5 food items.
- Students must select the minimum number of items required (at least 3 of 5 for senior high school; 3 or 4 of 5 for lower grades).
- Must take full servings to count toward a reimbursable meal.
- May decline any food item, including the entrée or milk.
- May take smaller portions of declined food items (does not affect price).
- Lunch must be priced as a unit.

OVS Individual Food Based Menu Planning

3

Sample Lunch Menus

Traditional FBMP
(Grades K-3)

Food Items	Food Components	Food Items	Food Components
Lasagna OR Taco Pocket	1 1/2 oz M/MA + 1 avg G/B	Spaghetti/Meat Sauce & Garlic Bread OR Peanut Butter & Jelly Sandwich	1 1/2 oz M/MA + 2 avg G/B
Green Salad w/dressing	1/4 cup V/F	Tossed Salad w/dressing	1/4 cup V/F
Fresh Banana Half	1/2 cup V/F	Apple	1/4 cup V/F
Choice of Milk	1/2 pint (8 fl oz)	Choice of Milk	1/2 pint (8 fl oz)
Hamburger on Bun (meatless) OR Chicken	1 1/2 oz M/MA + 2 avg G/B	Chicken Drumsticks OR Cajun Fish Fillet	1 1/2 oz M/MA
Nuggets w/sauce, Roll	1/4 cup V/F	Seasoned Rice	1 avg G/B
Potato Rounds w/sauce	1/4 cup V/F	Carrot Sticks with Dip	1/4 cup V/F
Fruit Cocktail	1/4 cup V/F	Kiwifruit	1/4 cup V/F
Oatmeal Cookie	1/4 pint (8 fl oz)	Bread Pudding	1/4 cup V/F
Choice of Milk	1/2 pint (8 fl oz)	Choice of Milk	1/2 pint (8 fl oz)
Ham Sandwich (meatless) OR Bean & Cheese Burrito w/sauce	1 1/2 oz M/MA + 2 avg G/B		
Green Beans	1/4 cup V/F		
Peaches	1/4 cup V/F		
Lemon-Lime Pudding	1/4 cup V/F		
Choice of Milk	1/2 pint (8 fl oz)		

OVS Individual Food Based Menu Planning

4

Sample Lunch Menus <small>Enhanced FBMP (Grades K-6)</small>			
Food Items	Food Components	Food Items	Food Components
Lasagna OR Taco Pocket	2 oz M/MA + 1 svg G/B + ½ cup V/F	Spaghetti/Meat Sauce & Sauce OR PB & Jelly Sandwich	2 oz M/MA + 2 svg G/B
Green Salad w/dressing	½ cup V/F	Toasted Salad w/dressing	½ cup V/F
Italian Bread	2 svg G/B	Fresh Apple	½ cup V/F
Banana	½ cup V/F	Choice of Milk	½ pint (8 fl oz)
Choice of Milk	½ pint (8 fl oz)	BBQ Chicken Drumsticks OR Cajun Fish Fillet w/Lemon	2 oz M/MA
Hamburger on Bun OR Chicken Nuggets w/roll	2 oz M/MA + 2 svg G/B	Sweet Peas	½ cup V/F
Potato Fries OR w/Calnap	½ cup V/F	Carrot Sticks w/Dip	½ cup V/F
Fruit Cocktail	½ cup V/F	Diced Peas	½ cup V/F
Outmeal Cookie	½ svg G/B	Whole Grain Roll	2 svg G/B
Choice of Milk	½ pint (8 fl oz)	Choice of Milk	½ pint (8 fl oz)
Ham Sandwich (mayonaisse)	2 oz M/MA + 2 svg G/B		
OR Bean & Cheese Burrito w/Salsa			
Green Beans	½ cup V/F		
Peach Slices	½ cup V/F		
Rice Pudding	½ svg G/B		
Choice of Milk	½ pint (8 fl oz)		

QVS

Standard Food-Based Menu Planning

Combination Foods at Lunch	
Q: How can a meal provide 5 food items from the 4 food components yet feature only 4 foods on the menu?	
A: One food is a combination food.	
Food Items on the menu	Food Components
Bean & Cheese Burrito	M/MA (beans, cheese) G/B (tortilla)
Cheese Pizza	M/MA (cheese) G/B (crust) V/F (sauce)
Chicken Nuggets	M/MA (chicken) G/B (breading)
Pork-Vegetable Stir-Fry	M/MA (pork) V/F (vegetables)
... and many more!	

QVS

Standard Food-Based Menu Planning

Lunch Age/Grade Groups	
Lunch meal patterns are established for the following age/grade groups:	
<ul style="list-style-type: none"> • Ages 1-2 • Ages 3-4 (Preschool) • Grades K-3 • Grades 4-12 • Grades 7-12 (optional) 	

QVS

Standard Food-Based Menu Planning

Lunch Age/Grade Groups

Lunch meal patterns are established for the following age/grade groups:

- Ages 1-2
- Ages 3-4 (Preschool)
- Grades K-6
- Grades 7-12
- Grades K-3 (optional)

OWS Oklahoma Food-Based Menu Planning

Grains/Breads at Lunch

Requirements:

- Daily minimum
- Weekly minimum (5-day week)

Grains/Breads (servings)

Grade	Per Day	Per Week
Ages 1-2	at least ½	5
Ages 3-4	at least 1	8
K-3	at least 1	8
4-12	at least 1	8
7-12 (optional)	at least 1	10

OWS Oklahoma Food-Based Menu Planning

Grains/Breads at Lunch

Requirements:

- Daily minimum
- Weekly minimum (5-day week)
- Grain-based desserts count (K-12)

Grains/Breads (servings)

Grade	Per Day	Per Week	Desserts
Ages 1-2	at least ½	5	do not count
Preschool	at least 1	8	do not count
K-6	at least 1	12	up to 1/day
7-12	at least 1	15	up to 1/day
K-3 (optional)	at least 1	10	up to 1/day

OWS Oklahoma Food-Based Menu Planning

Offering Grains/Breads at Lunch

- Plan full servings of G/B so that, if a student takes any G/B item, it counts.
- If 2 G/B food items are on a menu, make each 1 provide a full serving so that either 1 can count toward OVS. Note: both G/B items still count toward the weekly G/B requirement.
- Be sure to offer enough G/B servings to meet the weekly total.



Essential Food Service Menu Planning

25

Counting Grains/Breads at Lunch

To count the G/B component:

- Student must take at least 1 full serving separately or in a combination food.

Serving sizes vary with the type of G/B:

- 1 slice bread (at least 25 g or 0.9 oz)
- ½ bagel (at least 25 g or 0.9 oz)
- ½ cup rice, pasta, or cooked cereal

Example (Grades 4-12):

Breaded Chicken Nuggets (2 oz M/M/A, ½ cup G/B)
Whole-Grain Roll (1 avg O/B)
Tossed Salad (½ cup V/F)
Diced Pears (½ cup V/F)
Spice Cake (other food)
Choice of Milk (½ pint)

How many G/B can you count if a student takes:

- Roll, Salad, and Pears?
- Nuggets, Roll, and Milk?
- Nuggets, Salad, and Cake?
- The complete meal?



Essential Food Service Menu Planning

11

Counting Grains/Breads at Lunch

To count one G/B component:

- Student must take at least 1 full serving separately or in a combination food.

Serving sizes vary with the type of G/B:

- 1 slice bread (at least 25 g or 0.9 oz)
- ½ bagel (at least 25 g or 0.9 oz)
- ½ cup rice, pasta, cooked cereal

Example:

Breaded Chicken Nuggets (2 oz M/M/A, ½ cup G/B)
Whole-Grain Roll (1 avg O/B)
Tossed Salad (½ cup V/F)
Diced Pears (½ cup V/F)
Spice Cake
Choice of Milk (½ pint)

How many G/B can you claim if a student takes:

- Roll, Salad, and Pears?
- Nuggets, Roll, and Milk?
- Nuggets, Salad, and Cake?
- The complete meal?



Essential Food Service Menu Planning

11

Comparing Grains/Breads at Lunch

[Grades 4-12]

Lasagna 2 oz M/M +
1 svg G/R +
1/4 cup V/F
Italian Bread 2 1/4 svg G/B
Green Salad 1/4 cup V/F
Pears 1/4 cup V/F
Milk 8 oz MILK

How many G/B items?

What counts?

Chicken Nuggets 2 oz M/M +
1/4 svg G/B
Whole-Grain Roll 1 svg G/B
Carrots with Dip 1/2 cup V/F
Cinnamon Pears 1/4 cup V/F
Oatmeal Cookies other food
Chocolate Milk 8 oz MILK

How many G/B items?

What counts?

Would chicken nuggets, milk, and cookie be a reimbursable meal?



National Food Service Planning

26

Vegetables/Fruits at Lunch

Requirements:

- Two or more different kinds daily
- Planned serving size at least 1/4 cup
- Minimum daily amount

Daily minimums

Grade	V/F
Ages 1-2 & Preschool	1/2 cup/day
K-3	1/4 cup/day
4-12	3/4 cup/day
7-12 (optional)	1/4 cup/day



National Food Service Planning

6

Vegetables/Fruits at Lunch

Requirements:

- Two or more different kinds daily
- Planned serving size at least 1/8 cup
- Minimum daily amount
- Weekly minimum (K-6, 6-day week)

Grade	V/F
Ages 1-2 & Preschool	1/4 cup/day
K-6	1/4 cup/day + 1/2 cup/week
7-12	1 cup/day
K-3 (optional)	1/4 cup/day



National Food Service Planning

6

25

1038

Counting Meat/Meat Alternates at Lunch

To count the M/MA component:

- Student must take at least the minimum required amount (1.5 to 3 oz, depending on age/grade group) in the entrée only or in the entrée and one other food.

Example (Grades K-3):

Egg Roll (1 oz M/MA)
Fried Rice (1/4 oz M/MA)
Celery Sticks with Dip
Fruit Cocktail
Choice of Milk

What M/MA can you claim if a student takes the following as part of a reimbursable meal?

- Egg Roll
- Fried Rice
- Egg roll and Fried Rice

(TIP: It is easier to count M/MA when the entrée contains all of the minimum M/MA.)



Optional Food Based Menu Planning

12

Counting Meat/Meat Alternates at Lunch

To count the M/MA component:

- Student must take at least the minimum required amount (1 to 2 oz, depending on age/grade group) in the entrée only or in the entrée and one other menu item.

Example (optional pattern for grades K-3):

Egg Roll (1 oz M/MA)
Fried Rice (1/4 oz M/MA)
Celery Sticks with Dip
Fruit Cocktail
Choice of Milk

What M/MA can you claim if a student takes the following as part of a reimbursable meal?

- Egg Roll
- Fried Rice
- Egg roll and Fried Rice

(TIP: It is easier to count M/MA when the entrée contains all of the minimum M/MA.)



Optional Food Based Menu Planning

12

Combination Foods with OVS at Lunch

(Grades 4-12)

Spaghetti and Meat Sauce..... 2 oz M/MA +
1 svg G/B +
3/4 cup V/F
Garlic Bread 1 svg G/B
Tossed Salad w/ Dressing 1/4 cup V/F
Fresh Apple..... 1/4 cup V/F
Choice of Milk..... 8 oz MILK

Chicken Drumsticks..... 2 oz M/MA
Whole-Wheat Roll 2 svg G/B
Sweet Peas..... 1/4 cup V/F
Carrot Sticks..... 1/4 cup V/F
Diced Peas..... 1/4 cup V/F
Choice of Milk..... 8 oz MILK

For each menu:

- How many food items?
- What is the smallest number of food items that could comprise a reimbursable meal?



Optional Food Based Menu Planning

13

Sample Lunch Menus

Traditional FBMP
(Grades K-3)

Food Items	Food Components	Food Items	Food Components
Lasagna OR Taco Pocket	1½ oz M/MMA + 1 avg G/B	Spaghetti/Meat Sauce & Garlic Bread OR Peanut Butter & Jelly Sandwich	1½ oz M/MMA + 2 avg G/B
Green Salad w/dressing	¼ cup V/F	Termed Salad w/dressing	¼ cup V/F
Fresh Banana Half	¼ cup V/F	Apple	¼ cup V/F
Choice of Milk	½ pint (8 fl oz)	Choice of Milk	½ pint (8 fl oz)
Hamburger on Bun (sausage optional) OR Chicken Nuggets w/sauce, Roll	1½ oz M/MMA + 2 avg G/B	Chicken Drumsticks OR Cajun Fish Fillet	1½ oz M/MMA
Potato Rounds w/sauce	¼ cup V/F	Seasoned Rice	1 avg G/B
Fruit Cocktail	¼ cup V/F	Carrot Sticks w/Dip	¼ cup V/F
Oatmeal Cookies	¼ cup V/F	Kiwifruit	¼ cup V/F
Choice of Milk	½ pint (8 fl oz)	Bread Pudding	½ pint (8 fl oz)
Ham Sandwich (sausage, optional) OR Bean & Cheese Burrito w/salsa	1½ oz M/MMA + 2 avg G/B	Choice of Milk	½ pint (8 fl oz)
Green Beans	¼ cup V/F		
Peaches	¼ cup V/F		
Low-fat Vanilla Pudding			
Choice of Milk	½ pint (8 fl oz)		

QVS - Enhanced Food Based Menu Planning

Sample Lunch Menus

Enhanced FBMP
(Grades K-6)

Food Items	Food Components	Food Items	Food Components
Lasagna OR Taco Pocket	2 oz M/MMA + 1 avg G/B + ¼ cup V/F	Spaghetti/Meat Sauce & Bread OR PB & Jelly Sandwich	2 oz M/MMA + 2 avg G/B
Green Salad w/dressing	¼ cup V/F	Termed Salad w/dressing	¼ cup V/F
Italian Bread	2 avg G/B	Fresh Apple	¼ cup V/F
Banana	¼ cup V/F	Choice of Milk	½ pint (8 fl oz)
Choice of Milk	½ pint (8 fl oz)	BJQ Chicken Drumsticks OR Cajun Fish Fillet w/Lemon Sweet Peas	2 oz M/MMA
Hamburger on Bun OR Chicken Nuggets w/Roll	2 oz M/MMA + 2 avg G/B	Carrot Sticks w/Dip	¼ cup V/F
Potato Rounds w/Catsup	¼ cup V/F	Diced Peas	¼ cup V/F
Fruit Cocktail	¼ cup V/F	Whole-Grain Roll	2 avg G/B
Oatmeal Cookies	¼ cup V/F	Choice of Milk	½ pint (8 fl oz)
Choice of Milk	½ pint (8 fl oz)		
Ham Sandwich (sausage/optional), 2 oz M/MMA + 2 avg G/B OR Bean & Cheese Burrito w/salsa			
Green Beans	¼ cup V/F		
Peach Slices	¼ cup V/F		
Rice Pudding	¼ avg G/B		
Choice of Milk	½ pint (8 fl oz)		

QVS - Enhanced Food Based Menu Planning

Taco Bar Lunch Menu #1

(Grades 4-12)

Taco Shells	Fresh Salsa
Seasoned Meat	Sour Cream
Refried Beans	Guacamole
Spanish Rice	Baby Carrots
Tortilla Chips	Cucumber Slices
Chopped Lettuce	Choice of Fruit
Diced Tomato	Choice of Milk
Grated Cheese	Oatmeal Cookie

How many food components?

How many food items?

QVS - Enhanced Food Based Menu Planning

Components & Food Items for Traditional Food Based Menu

- Meat/Meat Alternate
 - Seasoned meat
 - Grated cheese
 - Refried beans (if not v/f)
- Milk
 - Choice of milk
- Grains/Breads
 - Taco shells
 - Spanish rice
 - Tortilla chips
- Vegetables/Fruits
 - Refried beans (if not m/ma)
 - Chopped lettuce
 - Diced tomatoes
 - Fresh salsa (if creditable)
 - Guacamole
 - Baby carrots
 - Cucumber slices
 - Choice of Fruit
- Other foods
 - Sour Cream
 - Oatmeal Cookie

Taco Bar Lunch Menu #2

(Grades 4-12)

- Choose 1 (2 oz M/MA + 1 svg G/B):
 - Beef Tacos (2)
 - Bean Tacos (2)
- Choose 1 (1 svg G/B):
 - Spanish Rice
 - Tortilla Chips
- Choose 1 or more (¼ cup V/F):
 - Chopped Lettuce
 - Diced Tomato
 - Fresh Salsa
- Choose 1 or more (¼ cup V/F):
 - Baby Carrots
 - Cucumber Slices
 - Choice of Fruit
- Choose 1 (8 fl oz Milk):
 - Choice of Milk
- Choose up to 2 condiments or desserts:
 - Grated Cheese
 - Sour Cream
 - Guacamole
 - Oatmeal Cookie



Traditional Food Based Menu Planning

15

Taco Bar Lunch Menu #1

(Grades 7-12)

- | | |
|-----------------|--------------------------|
| Taco Shells | Sour Cream |
| Seasoned Meat | Guacamole |
| Refried Beans | Baby Carrots |
| Spanish Rice | Cucumber Slices |
| Tortilla Chips | Choice of Fruit |
| Chopped Lettuce | Choice of Milk |
| Diced Tomato | Whole-Wheat Sugar Cookie |
| Grated Cheese | Carrot Cake |
| Fresh Salsa | |

How many food components?

How many food items?



Traditional Food Based Menu Planning

16

Components & Food Items for Enhanced Food Based Menu

- Meat/Meat Alternate
 - Seasoned meat
 - Grated cheese
 - Refried beans (if not v/f)
- Grains/Breads
 - Taco shells
 - Spanish rice
 - Tortilla chips
 - Whole-wheat sugar cookie*
 - Carrot Cake*
 - *if large enough to = 1 G/B
- Vegetables/Fruits
 - Refried beans (if not m/me)
 - Chopped lettuce
 - Diced tomatoes
 - Fresh salsa
 - Guacamole
 - Baby carrots
 - Cucumber slices
 - Choice of Fruit
- Milk
 - Choice of milk
- Other foods
 - Sour Cream

Taco Bar Lunch Menu #2

(Grades 7-12)

- Choose 1 (2 oz M/MA + 1 svg G/B):
 - Beef Tacos (2)
 - Bean Tacos (2)
- Choose 1 (1 svg G/B):
 - Spanish Rice
 - Tortilla Chips
- Choose 2 or more (1/4 cup V/F):
 - Chopped Lettuce
 - Diced Tomato
 - Fresh Salsa
- Choose 1 or more (1/2 cup V/F):
 - Baby Carrots
 - Cucumber Slices
 - Choice of Fruit
- Choose 1 (8 fl oz milk):
 - Choice of Milk
- Choose 1 (1 G/B):
 - Whole-Wheat Sugar Cookie
 - Carrot Cake
- Choose up to 2 condiments:
 - Grated Cheese
 - Sour Cream
 - Guacamole

OVS

Enhanced Food Based Menu Planning

15

How do you feel about OVS at
lunch?



What's for Breakfast?

Breakfasts offered to students must contain:

- 4 food items;
- from 3 or 4 food components;
- in at least the minimum serving sizes for the appropriate age/grade group.

The breakfast food components are:

- Milk
- Juice/Fruit/Vegetable (V/F)
- Grains/Breads (G/B)
- AND/OR
- Meat/Meat Alternate (M/MA)

The 4 breakfast food items are:

- 1 serving of milk
 - 1 serving of juice/fruit/vegetable
 - 2 servings of grains/breads (G/B)
 - & OR 2 servings of meat/meat alternate (M/MA)
- 4 OR 1 serving G/B and 1 serving M/MA
OR An equivalent combination of M/MA and G/B

Age/grade groups established for breakfast:

- Ages 1-2
- Preschool (ages 3-4)
- Grades K-12

G/B or M/MA or Both at Breakfast?

For grades K-12, school breakfasts must offer:

2 avg G/B
(serving sizes vary)
OR

2 oz M/MA
(1 oz equivalent each)
OR

1 oz M/MA and 1 avg G/B
OR

An equivalent combination of M/MA and G/B

For example:

2 G/B	2 M/MA	1 G/B + 1 M/MA
• Bagel (1.6 oz)	• Hard-cooked Egg (1 large)	• Sausage Biscuit (1 oz equivalent M/MA + 3 oz G/B)
• Waffle (2.2 oz)	• Fruit-flavored Yogurt (1 cup)	• Breakfast Burrito (1 serving)
• Blueberry Muffin (3.8 oz)	• Cottage Cheese (½ cup)	• Oatmeal (cooked) (¾ cup) with toasted nuts (1 oz)
• Oatmeal (cooked) (¾ cup) and Toast (3 oz)	• Sausage Links (2 oz equivalent M/MA)	• Cheese (1 oz) on toast (3 oz)

Sample Breakfast Menus

Traditional FBMP
(Grades K-12)

Food Items	Food Components	Food Items	Food Components
Assorted Cereal	1 avg G/B	Toasted Ham & Cheese Sandwich Half	1 avg G/B + 1 oz M/MA
Toast & Jam	1 avg G/B	Pineapple Chunks	½ cup V/F
Orange Juice	½ cup V/F	Milk	8 oz MILK
Milk	8 oz MILK	Baked French Toast	1 oz M/MA + 1 avg G/B
Cheese & Egg Quesadilla with Salsa	1 avg G/B + 1 oz M/MA	Orange Wedges	½ cup V/F
Applesauce	½ cup V/F	Milk	8 oz MILK
Milk	8 oz MILK		
Flavored Yogurt (4 oz)	1 M/MA		
Bagel Half with Jelly	1 avg G/B		
Dried Fruit Mix	½ cup V/F		
Milk	8 oz MILK		

Reimbursable Breakfasts

General requirements for OVS at breakfast (optional at all grade levels):

- Schools must offer at least the minimum servings sizes of all 4 food items from 3 or 4 food components.
- Students must select at least 3 food items.
- Must take full servings to count toward a reimbursable meal.
- May decline any food item, including the milk.
- May take a smaller portion of the declined food item.
- Breakfast must be priced as a unit.

OVS Reimbursable Food Based Menu Planning 19

Counting Breakfast Food Items

To count the V/F food item:

- Student must take the full half-cup minimum of any vegetable or fruit or full-strength juice.
- Can be combined with other food items. For example:
 - Fruit turnover
 - Burrito and salsa

To count 1 G/B food item:

- Student must take at least 1 full serving separately or in a combination food, such as:
 - Burrito
 - Sandwich

To count 1 M/MA food item:

- Student must take at least a 1 oz equivalent of M/MA.

OVS Reimbursable Food Based Menu Planning 20

Mind Your G/Bs and M/MAs in the Morning at Breakfast!

When offering 2 G/B or 2 M/MA food items:

- May be 2 different foods.
- May be 2 servings of the same food.

To claim reimbursement:

- At least 3 food items must be selected.
- Only 2 servings from M/MA or G/B can be counted (i.e., a maximum of 2 servings from either or both of these components count toward a reimbursable meal).

Example (grades K-12):

Bagel (2 G/B)
Egg (2 M/MA) (1 large)
Orange Wedges (1 V/F)
Milk (8 oz)

What if a student takes bagel and egg only?

What are possible reimbursable meals?

OVS Reimbursable Food Based Menu Planning 21

Possible Reimbursable Meals

- Bagel, egg, orange wedges, milk
- Bagel, egg, orange wedges
- Bagel, egg, milk
- Bagel, orange wedges, milk
- Egg, orange wedges, milk
- Bagel, orange wedges
- Bagel, milk
- Egg, orange wedges
- Egg, milk

Breakfast Combinations

Combination foods at breakfast are foods containing more than 1 food item.

Examples:

- Cheese and Egg Quesadilla
- Baked French Toast
- Breakfast Burrito
- Sausage Biscuit (served together)

OVS National Food Budget Menu Planning

22

Consistency Counts

To minimize confusion among cashiers, consider planning daily menus that have:

- The same number of food items.
- The same number of choices within food items.

OVS National Food Budget Menu Planning

23

Production Planning Tips

To achieve the OVS goal of less food waste:

- Keep accurate menu production records.
- Use forecasting to plan food quantities.
- Use cycle menus.

School Nutrition Staff Roles

Menu planners:

- Plan tasty, attractive menus featuring students' cultural and ethnic favorites.
- Include consistent numbers of food items and food item choices daily.
- Review menus to ensure meals meet daily and weekly requirements.
- Communicate menus to other staff.
- Educate students, teachers about OVS.

Cooks:

- Prepare the planned menu as directed.
- Follow standardized recipes.
- Portion foods accurately.

School Nutrition Staff Roles (continued)

Servers:

- Display food choices clearly, attractively.
- Ensure correct portion sizes.
- Encourage students to select a complete meal, via:
 - Enthusiastic comments
 - Merchandising

Cashiers:

- Review the planned menu:
 - Food items
 - Serving sizes
 - Reimbursable meals
- Remind students of choices and unit price.
- Practice!

Meal Service Efficiency

Issue: "OVS meal service takes too much time."

Solutions to try:

- Educate students, adults.
- Rearrange service area to improve flow.
- Add a cashier during rush times.
- Post choices at start of service line.
- Use posters, table tents, etc. to explain concept of OVS.

Issue: "Offer more choices?! Our serving space is already cramped!"

Solutions to try:

- Use smaller size serving pans.
- Use tiered shelving.
- Offer combination foods.
- Purchase mobile serving counters/carts.

OVS Redesign Food Based Menu Planning

31

Alternative Meal Service

Issue: "How do I recognize adequate portions in self-service situations?"

Solutions to try:

- Know the planned portion sizes.
- Plan consistent portions of similar foods.
- Pre-portion some foods.
- Use portion control serving utensils where feasible.
- Display a sample portion for students and cashier.
- Educate students, adults.

Issue: "How do we implement OVS with a pre-pack or pre-plate delivery system?"

Solutions to try:

- Individually portion or package each food item.
- Convert to modified bulk delivery (portion some items at point of service).

Consider the cost of packaging, storage, transportation, and labor, along with the cost of saving expected from implementing OVS.

OVS Redesign Food Based Menu Planning

32

Training School Nutrition Staff

Concerns:

- Resistance to change.
- Time and space limitations.
- Sympathy for students.

Strategies:

- Understand reasons for changes.
- Recall the benefits of OVS.
- Set realistic goals, implement gradually.
- Keep communication open.
- Reward success!

OVS Redesign Food Based Menu Planning

33

Teaching Students

Concerns:

- Number of items to select
- Portion sizes
- Pricing

Strategies:

- Encourage students to select complete meals.
- Use age-appropriate materials (posters, table tents, other signs) at the point of service.
- Promote consistent, key messages.
- Give hands-on demonstrations.
- Enlist teachers' help.
- Remind them again and again.



Food-Based Menu Planning

Food-Based Menu Planning

21

Convincing Administrators

Concerns:

- Slow meal service.
- What benefits?

Strategies:

- Participation in planning
- Presentation of goals, benefits
- Demonstration of meal service
- Open communication



Food-Based Menu Planning

Food-Based Menu Planning

22

Educating Teachers

Concerns:

- Slow meal service.
- Students should take and eat all foods.

Strategies:

- Presentation of goals, benefits, requirements.
- Participation in planning.
- Demonstration of meal service.
- Collaboration to educate students.
- Open communication.

Key points:

- Students select foods.
- Students may refuse any food item.
- Students may take any combination.
- Combination foods count as more than 1 food item.
- We encourage students to take complete meals.



Food-Based Menu Planning

Food-Based Menu Planning

23

Promoting to Parents

Concerns:

- Students should take and eat all foods.
- Students can't make wise food choices.
- Students lose benefits if they decline foods.
- Kids won't get enough to eat.
- Same price for less food.

Strategies:

- Presentation of goals, benefits.
- Invite them to observe meal service.
- Newsletter updates.
- Open communication.

Key messages:

- Students can make food selections, and will more likely eat what they select.
- Parents and other adults teach kids—by example—to make healthful choices.
- We encourage students to select all foods offered.
- Policy for extra portions at extra cost is unaffected by OVS.



Food Service Food Based Menu Planning

26

Questions?

- Please send your questions to me via email at cynthia.loechler@dpi.state.wi.us

Thanks for participating!

- Mark your 2007 calendar for our training sessions in Madison on
 - Thursday, January 11, 2007
 - Thursday, May 3, 2007
- Stay tuned for more information on our March 13th training session. We may be trying some new technology!!!
- Have a very Happy Thanksgiving and a wonderful Holiday Season